Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 00:00 on Sunday 17 Jul 2022 until 23:59 on Monday 18 Jul 2022

Forecast Issued on Saturday 16 Jul 2022 at 12:10 by Met Office Aberdeen

Confidence: High for mainly dry hot weather from Sunday afternoon until Tuesday. Lower confidence for the timing of thundery breakdown later Tuesday and Wednesday but high for cooler fresher conditions from Wednesday.

Headline for Sunday 17 Jul 2022: Cloudy start with occasional rain then brightening up with sunny spells. A warmer day, becoming very warm at lower elevations.

Mountain weather hazards on Sunday 17 Jul 2022

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** High Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Light rain	Heavy Rain	Heavy Rain	Mist	Cloudy	Cloudy	Cloudy	Cloudy
Precipitation probability							
20%	60%	50%	10%	<05%	<05%	<05%	00%

Forecast for Sunday 17 Jul 2022

Weather: Cloudy overnight with some occasional rain, the odd heavy burst. Still the odd patch of rain at first in the morning then becoming dry by late morning the cloud thinning and breaking during the day to allow bright or hazy sunny interludes to develop. A warmer day with very warm conditions developing at some lower levels in Easter Ross.

Chance of cloud-free hill tops above 800m: 40% rising to 90%

Low cloud and visibility: Areas of cloud at 600-900m in the morning, locally 400m towards the northwest coast with moderate visibility in rain beneath, then cloud lifting and breaking to bring good visibility for the rest of the day. Perhaps still a few patches at 800m in the far northwest.

Check our weather forecast every day to get the most accurate and up to date information
http://www.metoffice.gov.uk/public/weather/mountain-forecast
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Forecast for Sunday 17 Jul 2022

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	29/37 SW	31/39 SW	26/34 SW	24/32 SW	21/29 SW	19/27 SW	14/20 SW	13/18 S	12/16 S
900	26/34 SW	28/37 SW	25/33 SW	22/30 SW	20/28 SW	17/25 SW	12/18 SW	12/17 S	10/14 S
600	17/25 SW	21/29 SW	18/26 SW	16/24 SW	16/24 SW	13/21 SW	9/15 SW	7/12 S	6/10 SW
300	4/21 SW	6/27 SW	5/22 SW	4/20 SW	7/22 SW	6/20 SW	4/13 SW	2/10 SW	2/8 S
Glen	6/17 SW	7/18 SW	7/18 SW	5/14 SW	8/17 SW	7/14 W	4/10 SW	2/5 S	2/5 W

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	9/4	9/4	9/5	10/6	11/8	12/8	12/9	11/9	11/8
900	9/5	9/5	10/6	10/7	12/8	12/10	12/10	12/10	11/9
600	11/8	11/8	11/8	13/10	14/11	15/12	14/13	13/12	12/12
300	13/12	13/12	13/12	15/14	16/16	17/17	16/16	15/15	14/14
Glen	14/14	15/14	15/14	16/16	18/17	22/19	21/18	18/17	17/16
Freezing Level*	3200m	3100m	3000m	2800m	3100m	2900m	3100m	3100m	3200m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
High UV levels and very warm low level conditions, particularly on Monday and Tuesday, mean protection against sunburn and dehydration are essential.

Forecast for Monday 18 Jul 2022
Weather: Dry with unbroken sunshine for much of the day, perhaps some thin high cloud at times. Very warm right up to the summits and hot or very hot at low levels. High sunburn and dehydration risk.

Maximum wind: Southwesterly 20 gusts 30mph becoming southerly later

Chance of cloud-free hill tops above 800m: 100%

Low cloud and visibility: No low cloud, and good visibility

Temperature: **Glens:** 14 Celsius at dawn rising to 26 Celsius in the afternoon, slowly dropping to 18 Celsius by midnight.
At 800m: Plus 14 Celsius rising to 19 Celsius in the afternoon, only falling to 15 Celsius by midnight.
Freezing level: Above summits

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